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Home College Series.

*Number XXXXXXVIII \* 1888 Twenty-Eight.*

# HOUSEKEEPER'S GUIDE.

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1883.

THE "HOME COLLEGE SERIES" will contain one hundred short papers on a wide range of subjects—biographical, historical, scientific, literary, domestic, political, and religious. Indeed, the religious tone will characterize all of them. They are written for every body—for all whose leisure is limited, but who desire to use the minutes for the enrichment of life.

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And what a young man may do in this respect, a young woman, and both old men and old women, may do.

J. H. VINCENT.

NEW YORK, *Jan.*, 1883



## HOUSEKEEPER'S GUIDE.

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THE first essential is cleanliness, both in person and surroundings. Because one is engaged in rough work there can be no need for being slatternly in person. A dress made and kept for a work-dress, short enough to clear the ground by several inches; a large work-apron that comes to the bottom of the skirt and fastens behind, with a bib attached to protect the waist; a sweeping-cap, or an old handkerchief or veil, tied over neatly-combed hair when at work that is dusty, and a neat linen cap kept to wear when making bread—these will sufficiently protect one from soil. If beneath the work-apron is worn over the dress a nicer and smaller apron, and about the neck a clean collar, one may in a few moments remove all the special work-fixings and appear as a neatly-dressed lady. Before one begins to learn the art of cookery she needs to learn the art of keeping her kitchen clean; of washing cooking utensils at the most convenient moment after use, and never putting them away in a soiled condition; of having “a place for every thing, and every thing in its place,” etc. A very convenient kitchen-dresser is made thus: The dresser itself is simply a long, rather narrow table to be used for a kitchen table; beneath it are two cupboards, each closed by doors. One cupboard, being intended to hold pots, pans, etc., should have no shelf; the heavy pots stand upon the floor of the cupboard, the lighter pans, etc., are hung around it on hooks. The other cupboard has one shelf, and is meant to keep tin-ware in. Immediately beneath the dresser-table and above the cupboards should be drawers for holding kitchen towels, dish-towels, etc. One of these drawers should be not quite so deep as the other, so that it may allow above it a space, as if for a drawer, but

exactly fitted to hold the bread-board ; into this space the bread-board slides in and out as a drawer into the receptacle prepared for it. This dresser may have above it several shelves left without doors; on these shelves are kept salt, pepper, a small vessel for flour, dredging-box, etc. On one end of the dresser a strip of leather may be nailed so as to hold the kitchen knives. These knives should be at least three: a meat knife, a large bread-knife, and a small, thin-bladed knife with a wooden handle, suitable for cutting and preparing vegetables. Keep for the kitchen large iron spoons; have suitable hooks to hang them on and learn to keep them in place, so that no time may be lost in searching for them.

A second direction which seems to be quite as essential as the place for every thing might be summed up as "a time for every thing, and every thing in its time." In respect to time make your own rules. Refuse to be guided by old standard traditions which will inform you that "early rising" is a prime necessity in housekeeping. If there are members of your family needing an early breakfast, of course you must rise early; if, on the contrary, the work of the male members of the family is such that they need to rest in the morning hours, don't exhaust yourself by rising hours before the family breakfast can be eaten, and working with an exhausted feeling on an empty stomach. Take all the circumstances of your family life into consideration; make a plan which shall include the hours for the daily meals and the different duties to be done upon each day, etc. Don't be slavish followers of any body's plan, but have a definite time—that which you find suits you best—for the washing, ironing, sweeping, mending; put all the little items into the plan, such as cleaning and filling of lamps. After having adopted the plan, make no changes unless experience shall show them to be very desirable, for it soon becomes a comparatively easy matter to follow a routine, and much time is often lost by the perplexing question, "What shall I do next?"

You will find that the little details are the ones that reveal the systematic housekeeper. Thus, if an early breakfast is desired, the table will be set the evening before; the kindlings for the fire, if she cooks by wood, will be all ready overnight. If she is in a hurry for tea or coffee, her kettle will soon be singing its merry tune, for at first she will only put in a little more than the water necessary for the coffee; after this has boiled and the coffee is made, the kettle will be filled up for the after-breakfast dish-washing. A less thoughtful one would have filled the kettle at once and anxiously waited for it all to boil.

#### SERVANTS.

If you have servants you must be prepared to see them blunder; in America, where servants usually have no especial training, the housekeeper will find it necessary, gently and patiently, to teach by "line upon line, precept upon precept." Many a housekeeper will tell you that, after just such teaching, her servant has suddenly left because she found skilled service would bring higher wages. There is nothing to do in such a case but to begin again, comforting one's self by the thought that somehow, somewhere, the sum total of human comfort has been increased because of her teachings. But a little thought for the personal comfort of a servant; the seeing that her bedroom arrangements are made really neat and desirable; occasional hints and assistance as you see her striving to make her own dresses, etc.; the loan of a book, if she can read; gentleness and patience always—these will do much to attach a servant to one. But in this case, as Mr. Ruskin has shown us in regard to all employers and employés, he who works from the low, selfish motive of thus securing good service for himself will fail. It is only when, forgetting the selfish motive, we really love and desire the good of a servant that we also win the lower good. "In this case, too, 'he who loseth his life shall save it.'" One little item in regard to a servant's health should

be mentioned here: If her duties require her to be several hours at work before her breakfast hour, give her directions to take, soon after rising, a cup of tea or coffee and a slice of bread and butter.

#### CHILDREN.

Teach them to wait upon themselves. There's an old Scotch proverb, "Bairn's work's aye more plague than profit." That is certainly so, unless we look for profit to the coming years. Are we to be simply housekeepers, or home-keepers as well? If the latter, we will select little parts of the home work, suited to the weakness of a child, requiring no long, monotonous attention; and, having assigned this bit of work to him, we shall regularly and systematically require it at his hands. At first it may be done blunderingly, and you may find it necessary to point out defects; but if this criticism is kind and encouraging you will soon find the skill increasing by practice, and not only will the child be growing useful, but the sense of increasing usefulness will have a happy influence upon his entire character and temper. Besides the piece of household work thus definitely assigned, let the little one feel that he is expected to repair, as far as possible, the disorder he himself occasions; let brothers and sisters each feel responsible for the putting away of their own toys, the gathering together of their own blocks or books, the cleaning away of litter caused by their own plays.

#### RULES FOR COOKERY.

Just here we have little room for set rules or recipes in regard to simple dishes, and it seems more desirable to furnish definite principles and rules. The first which I shall name, being strictly moral, we may designate as a *principle* in cooking, which is under no circumstance to be departed from; the others, which may admit of variations, are simply *rules*.

*Our Principle.*—Facts, which I have now neither time nor

space to examine, have shown that alcohol, taken into the human system, is always a poison. Discard it, then, from our cookery. Let us use neither wine, brandy, nor cider, for this last so readily undergoes fermentation that we can rarely procure it quite sweet. If mince-pies made without it are not palatable to your family, learn that the pies themselves are not essential, but may easily be replaced by more healthful and equally palatable dishes.

*Rule 1.*—Meats put into cold water and then slowly cooked yield up their juices to the water; the meat becomes comparatively worthless and innutritious, and the broth in which it has been cooked contains most of the value. We will, therefore, when we wish soup, cut the meat up into bits, put it into cold water, let it heat gradually, simmer slowly for hours, then strain out the meat.

On the contrary, the application of heat, as of boiling water, coagulates the surfaces of the meat, and the juices are retained in its interior. If, therefore, we wish the meat, not the soup, we will immediately apply boiling water when we begin to cook it. But sometimes we may wish a good serviceable piece of meat and an accompanying nutritious broth; we do not wish, either, to secure *all* the advantage. In this case we shall put the meat into cold water, bring it rapidly to a boil, and allow it to cook moderately for hours; we shall then have a nutritious dish of meat and a good broth or gravy. If meat is salted, as corned beef, we shall put it on in cold water, for this method will draw away some of the superfluous salt.

*Rule 2.*—About acids and alkalies. If you mix soda, which is an alkali, with an acid, you may see it bubble and boil, or effervesce. You may notice this effervescence in the Sedlitz powders used for medicine. If this effervescence had taken place in a piece of dough it would have lightened the dough; that is, the gas formed by the mixture in endeavoring to escape would have filled the dough with little

pores. If nothing further were done to the dough the gas would all escape, and the little pores which had held it would settle down into a solid mass again. Now, if we take this dough while it is light and bake it, the walls of each little pore become hardened into shape, and cannot fall back after the evaporation into a solid mass. This is the way by which baking-powders, soda, cream tartar, etc., lighten bread. Now, the more accurately these two ingredients are proportioned to each other the more thorough will be the effervescence; the sooner a rapid heat is applied the lighter will be the bread. Should the soda predominate, the bread will look yellow and taste soapy; should the acid predominate, the necessary degree of lightness cannot be obtained, and the acid taste will be communicated to the bread.

It will usually be found a good plan to add both soda and acid at the same time to the dry flour, having mashed previously all lumps which may have been found in either; the flour may then be sifted several times, which will thoroughly mix them. The effervescence will not begin until moisture is applied; therefore, before you begin to wet it up, be sure you have a quick oven for baking, have the pan into which you are to put the bread ready heated, and let the mixing process be as rapid as possible. Since all the bought baking-powders are but various forms of alkali and acid, we have but to choose that which we consider most reliable, (remembering that, in this case, a cheap one may prove finally the most expensive,) and observe the same rule: thorough mixing while dry, rapid wetting up of the dough, putting into a heated pan, and baking in a quick oven.

Never use soda without an acid; if you have a recipe which mentions none rest satisfied the recipe is worthless. The acid may be sour milk, buttermilk, lemon, or even molasses; with either of these soda will make a successful effervescence, but unless there is some acid the soda will be deleterious.

*Rule 3.*—Any substance easily scorched, such as milk, must be put into the inner vessel of a double boiler; the outer vessel is to be filled with water. The boiling of water in the outer vessel will communicate the necessary amount of heat to the inner one, and obviate all danger of scorching.

*Rule 4.*—Broiling is a much more healthy and nutritious method of preparing meats than frying; but if it is intended to fry an article, use plenty of lard at first and have it boiling hot. By this process a brown crust is at once formed upon the surface, and the meat or fish absorbs no more of the grease, but is cooked by means of the penetrating heat that surrounds it. This sudden dipping into the boiling lard is designated by French cooks as a “surprise.” Be sure your lard is simply boiling, not burning, (when the lard smokes it is burning—the correct heat is when a filmy kind of look appears upon the top of it;) and so soon as the “surprise” shall have accomplished its object remove the vessel to a cooler part of the stove and allow the heat to cook the inner surfaces more gradually. You may be surprised to learn that this is not only the most healthful but also the most economical use of lard. If a different process is pursued, that is, a little lard moderately heated to begin with, the meat or fish soon absorbs it, and you will find it necessary to add more to avoid burning; this also is soon absorbed, and by and by there is a greasiness throughout the entire texture of the frying substance, and you will, by actual measurement, find that the latter method consumes the most lard.

*Rule 5.*—It is always more expeditious when mixing a compound to measure, rather than weigh, the ingredients. I knew a lady who re-wrote each weighed recipe in her cook-book that she had occasion to use. Her method was this: After weighing the article it was measured in a little set of tin measures kept for the purpose, a statement of the result was made, and in all future use of the same recipe she had but to measure.

In regard to weighing, Mrs. Whitney gives a valuable hint in her "Cook-Book for Beginners;" it is this: Preserve with care the paper bags which come from the grocer's; when you wish to weigh put sugar, butter, or flour into these bags, and you will have no need of deducting weight of vessel or plate; there is no need to take account of the weight of the paper bag, as that is so slight.

*Rule 6.*—Don't consider it a point of economy to do without the proper cooking utensils; such a course is simply "penny wise and pound foolish." You may do without the double boiler for articles easily scorched, but you will soon waste enough by the almost inevitable scorching to have paid for the boiler; without this boiler the occasional waste continues indefinitely. The ordinary broilers that come with a cook-stove are not likely to be successful except in the hands of a skillful and experienced person; but there are modern broilers, costing from seventy-five cents to one dollar, according to size, that can scarcely fail. These are circular and have two sides, opening with a hinge; each side is perforated freely, (it is not quite so thoroughly perforated with holes as is the cane seat of a chair;) the meat is inclosed between the two sides and shut up securely; you have but to take hold of the handle (a wooden one) and put it over the fire, keeping it frequently turned, at least every half minute, to prevent burning. For want of just such a convenience for broiling, many a cook continues the slave of the frying-pan. One may easily estimate just how many pounds of lard will pay for the broiler; and remember, such a purchase will save not only the quantity calculated, but an indefinite number. There is one little article, costing from five to fifteen cents, which every kitchen needs. It is sometimes called an iron pot-rag; it is not a rag at all, but is made by the linking together of rings, somewhat as in a coat of mail. By this linking a fabric is formed, (say about four inches by eight for the five-cent ones, larger and finer for higher price.)



which is an admirable pot-washer. Its use will save the wearing away of the edge of many a valuable knife, and it scrapes away the cooked substances that may adhere to the sides of a pot with far more pleasantness and expedition than can be done by any knife.

In order to have a dinner at a certain time one needs to know the probable length of time required by each article she is to cook; she will thus avoid having one article done and becoming cold or spoiled by waiting, while another article is behind time. It is convenient to have a time-table made out and put upon the kitchen wall. If copied upon a sheet of paper, pasted upon paste-board and hung upon a nail, it will be convenient to refer to. This time-table also points out the desirability of an accurate time-piece upon the kitchen mantel. If such a convenience is provided, include the winding of it among your little details, and plan a time for it, so that, having once formed a routine habit, you may not easily forget it.

### TIME-TABLE.

BAKED MEATS.	BOILED MEATS.
Beef, 7 or 8 lbs. .... 1½ hrs.	Corned beef.... 4 hrs.
Beef, 10 lbs. .... 2 "	Smoked tongue..... 3 "
Mutton, 8 lbs. .... 4 "	Veal..... 3 "
Veal, 8 lbs. .... 4 "	Ham ..... 5 "
Pork, 8 lbs. .... 4 "	A large turkey..... 3½ "
A large turkey..... 2½ to 3 "	Chickens ..... 1 to 1½ "
A large goose..... 2 "	Large fish boiled..... 15 min
Chickens..... 1 to 1½ "	

Boiled fish must be covered with water two inches over the top. A whole fish is put in cold water; sliced fish in boiling, salted water. In giving directions for length of time, some meats, as corned, are to be put in cold water. Calculate from the time it begins to boil.

Potatoes, peas, asparagus, corn, and rice, thirty minutes; young turnips, young beets, tomatoes, and onions, forty-five minutes; young cabbage, string beans, winter squash, spinach, and cauliflower, one hour; winter cabbage, winter carrots, and old beets, two hours.

In cooking beets never cut the root or the red juice or blood will boil out and the appearance of the beet will be spoiled. Instead of a beautiful red it looks like a dirty pink color. In cooking potatoes choose as nearly as possible those of the same size for one meal. Where a difference in size is unavoidable, put them to cook with the largest at the bottom and smallest on top. Put old potatoes into cold water; put new ones into boiling water. Boil old potatoes until almost done; pour the water off, lay over them a folded cloth, put on the lid, and let them stand on a hot part of the stove till done, which will be in about five minutes. This will make them mealy. When washing cabbage cut the cabbage into quarters, put them into a pailful of cold water with a handful of salt. This salt causes all creeping things that may be among the leaves and stalks to come forth. Such vegetables as cabbage need, when cooked, to be lifted from the water with a ladle that is perforated, thus forming a convenient colander. Green vegetables are done when they sink to the bottom of the pot.

When breaking eggs for puddings, cakes, etc., break each egg separately into a saucer. If good, you may then slip it into the basin, and your saucer is ready for the next. Without this precaution you may, when almost all your eggs are broken, have the whole lot to throw away by getting a bad one among them. Never throw away the fat from one cooking. It may, by clarifying, be fitted for future use. Put any fat you may have into a jar in the oven. When perfectly melted pour into a deep basin of hot water and set all aside to cool. When cold remove the fat or dripping, which will be a hard, thick layer on top of the water. Scrape

off all sediment adhering to the bottom of the cake of fat, wipe the cake, and set in a cool place for use.

To draw a fowl: Put on a large cotton apron, pick off all the feathers you can, singe all too small to be pulled out by the fingers. Put the bird breast undermost on a table. Along the back of the neck, from the body to the head, make a slit one inch long. After cutting off the head part the skin of the neck from the neck, and pull this skin back over the breast. Sever the neck from the body as close as possible. Pull out the crop very gently, which is just in front of the neck, and the windpipe. (The skin of the neck is left on, after the neck itself has been removed, that it may be neatly folded over the unsightly opening at the top of the fowl.) By cutting this rent in the back an inch longer toward the center of the bird, an opening will be formed by which all the inside may be removed, care being taken to leave the gall-bladder unbroken, for the breaking of this would impart a bitter taste to the entire fowl.

The neck, the gizzard, liver, and heart are to be stewed for a number of hours in water, that they might make gravy.

In this little tract mention has been frequently made of simmering. This simmering is a very slow boiling. The water must be kept in a gradual state of ebullition, never stopping entirely, never galloping at a rapid rate. In speaking of frying, instructions were given to boil in lard. There are some things, such as ham, sausage, etc., that are sufficiently fat to need no further addition of lard. These should be in a shallow frying-pan. Where frying implies boiling in lard, a deeper vessel, as a sauce-pan, should be used.

When a joint of beef or mutton is roasting, if it is dredged with flour just before it is entirely done, it will soon assume a rich, brown creamy appearance, and the dredging will thicken the gravy.

## ON CHOOSING MEAT.

Beef, when good, is of a vivid red color, and the fat quite white. It must be firm to the touch.

Mutton also is of a good red color when good, and the fat white, very firm, and with no lean in it.

Pork should be of fine grain and even, with thin rind and firm fat.

A ham may be tested by thrusting into it, near the bone, a long-bladed knife; when withdrawn it should be free from smell.

Fish, when fresh, have bright prominent eyes, exceedingly stiff bodies, and brilliant red gills.

## THE BEST METHODS OF COOKING THE JOINTS OF BEEF.

Check: hashed, minced, or stewed.

Neck: useful in soup.

Middle rib: roast.

Fore-rib, sirloin: prime roasting joints.

Rump: generally cut up into steaks.

Flank, both thin and thick: boil.

Shoulder: stew.

## TO MAKE BREAD.

The first care in regard to the bread is the yeast. If you live in city or town, where you can buy good yeast-cakes or compressed yeast, it may be well to depend upon this, as wet, home-made yeast is troublesome, because of souring in summer and of freezing in winter. If, however, you cannot be sure of good, fresh yeast-cakes when you buy, better make your own yeast.

*Good Potato Yeast.*—One pint grated raw white potato; one table-spoonful salt; one half cupful brown sugar: mix. Over these pour one pint hop water, three pints boiling water.

(This hop water is made by simply boiling a handful of hops in about a quart of water till reduced to one pint.) The pouring of the boiling water upon the grated potato will cause the mixture to thicken. Set it away till it grows milk-warm, then add the yeast (either cake or wet yeast) that is to lighten. In summer five hours, in winter seven or eight hours, will be necessary to lighten it for use.

*Hop Yeast without Potatoes.*—Take one tea-cupful of hops; boil for twenty minutes in two quarts of water, and strain into a pitcher; put in a bowl one pint sifted flour; add table-spoonful of salt. So soon as your hop liquid is strained, while still boiling hot, begin to pour over the sifted flour in bowl, stir as you pour, beat to a smooth paste, put it back into the kettle, and stir till it thickens; if too thick add water to thin it. When milk-warm add the yeast, and, as with the potato yeast, set in a warm place to lighten. In winter, yeast set to rise must be placed very near the stove; in summer you may put it in any part of the room.

*To Make the Bread.*—This is sometimes made with a sponge first. Sometimes the dough is worked up at once. If you are to set a sponge stir up a smooth batter overnight. This batter must be tolerably thick, so that the flour shall not settle at the bottom and the water rise to the top. Nothing but yeast, flour, and milk-warm water is to be put into the batter. When setting the sponge in the morning it should be a light, spongy mass; it is now ready to make up the bread. Mix salt and a little bit of sugar into the flour; add the sponge, working it till it becomes a dough; knead it, till it leaves no stickiness upon the fingers and feels springy to the touch; put it to rise again. No definite rules can be given in regard to the length of time required for this rising. This must depend upon the heat; and in regard to the amount of heat to be kept about it, so much will depend upon the time of the

year, etc., that you will have to be guided, not by time, but by the condition of the dough. It will be ready to be molded into the pans so soon as it begins to crack. Turn upon the molding-board, having previously floured the board, and knead until it again assumes a state of pliability; form it into loaves, (moderate sized ones are preferable,) bake in sheet-iron baking pans—they are much better than tin. Before putting in the loaves grease the pans well; let stand from one half to one hour, according to the weather, then bake. Have a warm oven, not hot. Marian Harland's rule is: Have an oven such as you can bear your bare elbow in while you count twenty. The different sensitiveness to heat varies so much that this is scarcely a definite rule. In this matter of heat in baking you must learn by experience. When bread is to be made without the previous sponge take milk-warm water, (never use water hot enough to scald the yeast,) add salt to the flour, make a large hole in the center into which pour the yeast, then gradually work it up into a soft mass. No definite rule can be given here, for difference in the flour will affect the absorbing power of the dough; let it be soft, however, as you can readily manage it. Knead on the board and proceed precisely as in previous method with sponge.

In successful bread-making much depends upon proper adaptation of temperature during the process of lightening; therefore, a proper position near the stove at one season of the year will be very improper for another. Very fair bread may sometimes be made by a novice because of a lucky hit, but to insure uniformly good bread one needs the result of much experience and experiment; therefore, do not allow a few failures to discourage you, but experiment and experiment until you fairly earn the title of "lady" in its old Anglo-Saxon significance, for in the early ages of the language this word meant a "loaf-giver" or "loaf-producer."

Alluding to this meaning a well-known English writer has

said, "Cooking means the knowledge of all herbs and fruits and balms and spices ; of all that is healing and sweet in fields and groves, and savory in meats ; it means carefulness, inventiveness, watchfulness, willingness, and readiness of appliance ; It means the economy of your great grandmother and the science of modern chemists ; it means much tasting and no wasting ; it means English thoroughness, French art, and Arabian hospitality ; it means, in short, that you are to be perfectly and always "ladies," "loaf-givers."

Here is an interesting account of the manner in which Mrs. Carlyle established her claim to true ladyhood.

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#### AN EPISODE OF MRS. CARLYLE'S HOUSEKEEPING EXPERIENCE.

Our home was a most dreary, untoward place, sixteen miles from any of the conveniences of life, shops, post-office, etc. We were very poor, and I, an only child, who had been reared in affluence, was sublimely ignorant of every branch of useful knowledge, though a capital Latin scholar and a very fair mathematician. It became my duty now to learn to sew, to cook, etc. The bread, above all, bought at the meanest market-town, soured on my husband's stomach, and it was plainly my duty as a Christian wife to bake at home. I sent for a cook-book and went to work, but, knowing nothing of the process of fermentation or the heat of ovens, it came to pass that one o'clock at night struck and found me still watching my bread ; two, three. I flung my head on the table and sobbed aloud. How keenly I felt the degradation, that I, who had never been required to do any thing but cultivate my mind, should have to pass all these hours watching a loaf of bread—which might not be bread, after all ! Then somehow there came to me the thought of Benvenuto Cellini sitting up all night and watching his Perseus through the furnace, and I thought, "In the sight of the Upper Powers, where is the mighty difference between

a statue and a loaf of bread?" The man's determined will, his energy, his patience, his resources, were the really admirable things. Had he been a woman living here, with a dyspeptic husband, no baker nearer than six miles, and he a bad one, these same qualities would have come out more fitly in a loaf of bread. And so I learned the meaning of the present, that not the greatness or littleness of the work nearest hand, but the spirit in which one does it, makes the doing noble or mean.

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"She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."—  
Prov. xxxi, 27, 28.

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#### THE HOUSEKEEPER'S MOTTO.

"The trivial round, the daily task,  
May furnish all I need to ask;  
Room to deny myself, a road  
To lead me daily nearer God."

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Read the wise man's description of the housewife, as given in Proverbs xxxi, and note how in the description there is an equal balance drawn between beauty and utility; in one hand, food and flax for life and clothing; in the other, purple and needle-work for honor and beauty. Beauty will become a very noticeable quality with the queenly housewife, and she will be found taking pride in her pretty cloth and her glittering shelves as well as in her well-dressed dish and full store-room, the care in her countenance will alternate with gayety, and though she may be revered in her seriousness she will be best known by her smile.



# HOUSEKEEPER'S GUIDE.

[THOUGHT-OUTLINE TO HELP THE MEMORY.]

1. Housekeepers' outfit? Method as to time and place?
2. Getting work done by others? Teaching them?
3. A moral principle in cookery?
4. Rules? Meats? Bread? Weights and measures? The time table? Fowls? Vegetables?
5. How to choose meats? How to cook certain meats?
6. Bread making? Yeast? The oven? Anglo-Saxon word "Lady"? loaf-giver? Mrs. Carlyle's experience?

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